



healthy
mothers
healthy
babies
COALITION
OF HAWAII

Piko Pals

Learning to Parent with Aloha, Together.



What is Piko Pals?

Piko means belly button or navel in Hawaiian, symbolizing the life connection to our family, and a sense of centeredness in mind, heart, and feelings.

Piko Pals is a new program by **Healthy Mothers Healthy Babies Coalition of Hawaii (HMHB)**, that connects and empowers new moms to build their own village through facilitated discussions in an emotionally and intellectually safe environment. Piko Pals sets the stage for connection and friendship with peers in your community, so you can make lasting relationships to share and celebrate the joys and challenges of new parenthood.

1

COMMUNITY

Meet other moms in your neighborhood to reduce feelings of isolation.

2

SUPPORT

Tackle the challenges of new parenthood with peer support.

3

PHILOSOPHY

Discover your parenting philosophy in a safe environment.

DETAILS:



Program location:

Honolulu and Kailua



Newborn group:

For parents to attend with their babies (2-16 weeks old).



Sign up at:
hmhb-hawaii.org

Facebook: Piko Pals

Email:
pikopals@hmhb-hawaii.org

“Being a mother is learning about strengths you didn’t know you had... and dealing with fears you didn’t know existed.” - Linda Wooten

Program Details:

The Piko Pals program is for new parents to attend with their newborn babies (2-16 weeks old when the group starts). Groups meet weekly in the homes of members, parks, or community centers, for 2 hours. Each meeting includes time for sharing parenting highs and lows, time to focus the babies’ development, and a discussion topic. Piko Pals is also part of the PEPS Network, which is an established early parenting support program in Seattle (check them out at PEPS.org).

We usually start neighborhood cohorts every four months - in January, April, July, and October. Our next cohort is **estimated to start in April, 2017** (for babies born in January, February, and March 2017). Spaces are limited to 10 people per group. Early registration before April 1st is \$120, full price after that is \$150. Financial aid is available. **Sign up today at hmhb-hawaii.org!**



“There’s no way to be a perfect mother and a million ways to be a good one.”
- Jill Churchill

The 12 week program will cover (but is not limited to):

- Postpartum recovery and healing
- Feeding, newborn care, and sleep
- Child development and age-appropriate activities
- Juggling career and parenthood
- Changes in lifestyle, partner relationship, and friendships
- Guest speakers - experienced moms, lactation consultants, service providers
- Baby friendly field trip and planned activities to connect outside Piko Pal meetings (Mom’s Night Out, family BBQs)

LIANNA LAM, PIKO PAL PROGRAM MANAGER

Lianna Lam has a B.S. in Civil-Environmental Engineering and a MEdT in Secondary Teaching. She is currently on break from being a middle school science teacher to raise her two little boys, ages 5 and 2. Lianna is also trained in Philosophy for Children, a facilitation style that creates emotionally and intellectually safe environments where children can explore their sense of deep wonder together. This year, she founded the Happy Keiki Co-op, leading moms to take ownership and create their own learning and socialization activities for their toddlers. In her free time, she loves gardening, spending time in nature, and drinking tea with friends.

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